Basic Lift - This lift is the most common method of good lifting technique. Use the basic lift for objects small enough to straddle where you have enough room to use a wide stance.

a. Get close to the object.

b. Stand with a wide stance; put one foot forward and to the side of the object.

c. Keep your back straight, push your buttocks out, and use your legs and hips to lower yourself down to the object.

d. Move the load as close to you as possible.

e. If the box has handles, grasp the handles firmly and go to step 9.

f. Put the hand (that is on the same side of your body as the forward foot) on the side of the object furthest from you.

g. Put the other hand on the side of the object closest to you. Your hands should be on opposite corners of the object.

h. Grasp the object firmly with both hands.

i. Prepare for the lift: look forward.

j. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, your buttocks out, and breathe out as you lift.

If you are doing this lift correctly, your head will lift up first, followed by your straight back. If your hips come up first and you must bend your back as you straighten up, you are doing this lift incorrectly.

2. **Power Lift.** Use the power lift for objects too large for you to straddle. This lift is very similar to the basic lift. In the power lift, the object shifts your center of gravity forward, and you must push your buttocks out to compensate. (Professional weight lifters lift using this position).

a. Put one foot in front of the other using a wide stance.

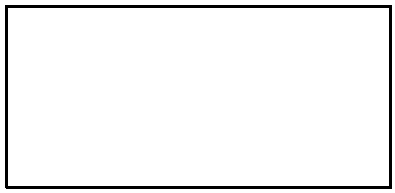
b. Keep your back straight, push your buttocks out and use your legs and hips to lower yourself down to the object.

c. Move the load as close to you as possible.

d. Grasp the object firmly with both hands.

e. Prepare for the lift: look forward.

f. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, your buttocks out (exaggerate this position), and breathe out as you lift.



3. **Tripod Lift.** Use the tripod lift for objects with uneven weight distribution (example: sacks of food). This lift is recommended for people with decreased arm strength. Not recommended for people with bad knees.

a. Put one foot next to the object. Keep you back straight, push your buttocks out and slowly lower yourself down onto one knee. (For support as you lower yourself down, put one hand on a stool or on your thigh for support).

b. Position the object close to the knee on the ground.

c. Grasp the object firmly with both hands.

d. Slide the object from the knee on the ground to mid-thigh. Keep your head forward, your back straight, and your buttocks out, and lift the object onto the opposite thigh.

e. Put both of your forearms under the object (with your palms facing upward) and hug the object to your stomach and chest.

f. Prepare for the lift: look forward.

g. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, your buttocks out, and breathe out as you lift.

4. **Partial Squat Lift**. Use the partial squat lift for small light objects with handles close to knee height.

   a. Stand with the object close to your side.

   b. Place your feet should-width apart, with one foot slightly ahead of the other.

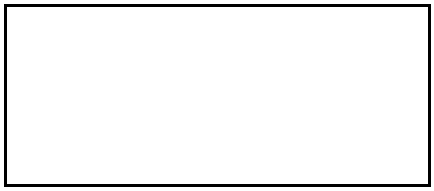
   c. Place one hand on a fixed surface (such as a table or stool) or on you thigh.

   d. Keep your back straight, push your buttocks out and slowly lower yourself down to reach the object's handles.

   e. Prepare for the lift: grasp the object and look forward.

   f. For support as you lift, push down on the fixed surface (or on your thigh).

   g. Lift upwards following your head and shoulders. Lift by extending your legs with your back straight, your buttocks out, and breathe out as you lift.



5. **Golfer's Lift.** Use the golfer's lift for small light objects in deep bins and to pick small objects off the floor. This lift is recommended for people with knee problems or decreased leg strength.

   a. Place hand near the edge of a fixed surface (such as the edge of a table or bin). This hand will support your upper body during the lift.

   b. Keep your back straight and raise one leg straight out behind you as you lean down to pick up the object. The weight of your leg will counterbalance the weight of your upper body.

   c. Grasp the object firmly.

   d. Prepare for the lift: look forward. Keep your leg raised as you initiate the lift.

   e. To lift, push down on the fixed surface as you lower your leg. Keep our back straight and breathe out as you lift.

6. **Straight Leg Lift.** Use the straight leg lift when obstacles prevent you from bending your knees. Be careful! Lifts over obstacles that prevent you from bending your knees put you at increased risk for muscle strain. If possible, avoid this lift.

   a. Stand as close to the object as possible with knees slightly bent./

   b. Do not bend your waist! Push your buttocks out.

   c. If the obstacle (object preventing you from bending your knees) is stable, lean your legs against the obstacle for support. Use your legs and hips to lower yourself down to the object.

   d. Grasp the object firmly with both hands.

   e. Prepare for the lift: look forward.

   f. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, your buttocks out (exaggerate this position), and breathe out as you lift.

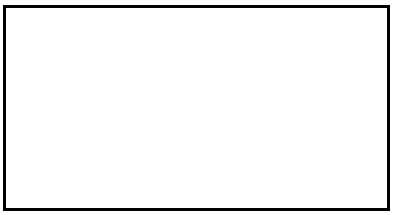
7. **Pivot Technique.** When you must lift an object and then turn to carry it away, it is common to twist the body. Twisting while lifting can cause serious damage to the tissues of the back. Use the pivot technique to avoid twisting while lifting.

   a. Lift the load using any of the previous techniques.

   b. Hold the load very close to your body at waist level.

   c. Turn the leading foot 90 degrees toward the direction you want to turn.

   d. Bring the lagging foot next to the leading foot. Do not twist your body!



Whole-Body & Hand/Arm Vibration

Whole-body vibration is experienced in any work condition that involves sitting, standing, or lying on a vibrating surface. Excessive levels and durations of exposure to whole-body vibrations may contribute to back pain and performance problems. If you spend a considerable amount of your work day on a vibrating seat or floor and experience any of the following signs or symptoms, contact the Office of Health and Safety and/or the Occupational Health Clinic:

- Blurred vision
- Decrease in manual coordination
- Drowsiness (even with proper rest)
- Low back pain
- Insomnia
- Headaches or upset stomach

Vibrating hand tools or work pieces can transmit vibrations to the holder, and depending on the vibration level and duration factors, may contribute to Raynaud's syndrome or vibration-induced white finger disorders. These disorders show a progression of symptoms beginning with occasional or intermittent numbness or blanching of the tips of a few finger to more persistent attacks, affecting greater parts of most fingers and reducing tactile discrimination and manual dexterity. If you experience any of these symptoms, contact the Office of Health and Safety and/or the Occupational Health Clinic. The following recommendations can help reduce the likelihood of developing hand-arm vibration syndromes:

- Select power tools with anti-vibration properties.
- Use handle coatings that suppress vibrations.
- Increase coefficient of friction on handles to reduce force requirements.
- Keep power tools balanced and lubricated to minimize vibration.
- Job rotation — have more than one person perform tasks that involve exposure to hand-arm vibration.
- Use vibration attenuation gloves.